



Cooking Safety



According to the Canada Safety Council the **most dangerous room in the home, when it comes to fires, is the kitchen** — and most kitchen fires can be prevented. Cooking is the third leading cause of fire deaths and the leading cause of injury among people ages 65 and older.

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, **REMEMBER:**



Never leave cooking unattended. A serious fire can start in just seconds. If you have to leave temporarily, shut off the stove and take a cooking utensil with you or drape a tea towel over your shoulder to remind you to return to the kitchen. Never leave oil or grease unattended on the stove



Watch What You Heat. If you are **frying, grilling or broiling** food (fast cooking – high heat) **STAY IN THE KITCHEN.** If you have to leave the kitchen, even for a short period of time – turn off the stove.



Watch What You Heat. If you are **simmering, baking, roasting or boiling** food (slow cooking – low heat) **STAY IN THE HOME.** Use a timer to remind you that you're cooking. If you have to leave the home – turn off the stove.



Have an appropriate sized pot lid readily at hand to put on a pot on fire. If a pot catches on fire – wearing oven mitts, slide the lid over the pot until tightly sealed and turn off the stove. **NEVER PUT WATER ON A BURNING POT** or try to move it to the sink or outdoors.



Always wear short or tight-fitting sleeves when you cook. If your clothes do catch on fire, remember – **STOP, DROP & ROLL.** Remove any metal jewellery that will retain the heat and continue the burning process. Cool the burn under cool running water for 3 - 5 minutes.



Keep towels, potholders, curtains or any other combustibles at least one metre (3 feet) away from the stove.



Never use dishcloths or tea towels in place of proper fitting oven mitts. Dishcloths or tea towels can come into contact with the burner or oven element – starting a fire.



Don't store children's treats, candies or cookies above the stove. This entices children to climb on the stovetop and they may be burned.



Don't hold children or infants while cooking or drinking hot liquids. Children under 5 years of age are at high risk of scalding burns from hot liquids. **(OVER)**



Make sure pot handles **DO NOT** stick out from the front of the stove. This will eliminate pots from being knocked off the stove or pulled down on top of small children. Use the back burners whenever possible.



Keep children and pets at least one metre (3 feet) away from the stove at all times when cooking.



Keep scatter rugs away from the cooking area to eliminate possible tripping hazard. If rugs are a must, secure them with double-sided tape. Remember; never run electrical cords of any kind under rugs. They can become damaged by walking on them, overheat and cause a fire.



When microwaving food, remove lids or plastic wrap carefully, lifting them away from you to prevent steam burns.



If you have a fire in your microwave – keep the door shut – hit the “stop” or “cancel” button – unplug the microwave if possible to do so safely – call the fire department.



Ensure you have oven mitts on hand and use them instead of tea towels to remove hot items from the oven.



Never use the range or oven to heat your home.



Unplug any unused electrical kitchen appliances and store in cupboards.



Double-check the kitchen before you go to bed or leave the house.



During a power outage – check the stove and oven to ensure it's turned off.



Deep-frying leads to a lot of home fires. Oil or grease can heat up very fast and catch fire – **NEVER LEAVE OIL OR GREASE UNATTENDED ON THE STOVE.** It's safest to fry food in a CSA certified electric deep fryer with a temperature control. If you must use a saucepan or frying pan, heat the oil slowly. Always turn off the heat as soon as the cooking is done.



Built-up grease can easily catch fire; so **clean your burner drip pans, stovetop and oven regularly.**